

Monique F.



Certified Personal Trainer
Master Trainer
Group X Instructor
Assistant Fitness Manager
Team Member Since: 2011
Sessions Serviced: 10,000 +

Education & Certifications

- BS in Kinesiology from LSU
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 4-Time NCAA All-American
- Competed in 2004 USA Olympic Trials
- 2000 NCAA Indoor Long jump Runner-up
- 1999 Southeastern Conference indoor/outdoor Long jump Champion



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 696

